## We claim:

1. A method for use by an access point capable of communicating in a wireless communications network via a radio frequency channel, the method comprising the steps of:

detecting that one or more other access points are also using the radio frequency channel;

adjusting transmit power to in response to said detecting.

2. The method of claim 1 wherein the step of detecting further comprises:

receiving messages from the one or more other access points;

maintaining a table including indications of the power levels of the respective one or more other access points;

and wherein the step of adjusting transmit power does so in response to the indications in the table.

3. The method of claim 2 further comprising the step of:

transmitting a power backoff level to other wireless devices in the network, the power backoff level indicative of the amount by which the access point's transmit power has been adjusted.

4. The method of claim 3 wherein the wireless communications network is an 802.11 wireless network.